

Transfer of Trash into Progress. Medical Assessment.

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:20	FE-1	MO-8. Setup
06:10-06:25	CDR	Urine Biochemistry (Visual Assessment)
06:25-06:40	FE-1	
06:25-06:40	CDR	Body Mass Measurement
06:40-06:55	FE-1	
06:40-06:50	CDR	Calf Circumference Measurement
06:50-07:20		Post-Sleep
06:55-07:05	FE-1	Calf Circumference Measurement
07:05-07:30		Post-Sleep
07:20-08:10	CDR	Breakfast
07:30-08:20	FE-1	
08:10-08:20	CDR	Work Prep
08:20-08:35	.	Daily Planning Conference (<i>S-band</i>)
08:35-08:50	CDR	Work Prep
08:35-09:05	FE-1	
08:50-09:00	CDR	Video Head Cleaning on VCR No. 1
09:00-10:00		USOS Hatch Seal Inspection
09:05-09:15	FE-1	MO-8. Closeout Ops
09:20-10:05		Manual Condensate Removal from CKB1 into C5K
10:00-11:30	CDR	Physical Exercise – RED
10:10-12:40	FE-1	PROFILAKTIKA. Ergometer Experiment Ops. <i>Tagup w/specialists. (S-band)</i>
11:30-12:30	CDR	Physical Exercise – TVIS
12:30-12:35		Weekly TVIS Maintenance
12:35-12:40		TVIS, RED, and HRM Data Transfer to MEC
12:40-13:40	.	Lunch
13:40-15:35	CDR	DCS760 Camera Cleaning
13:40-14:10	FE-1	COX Maintenance
14:10-18:10		Trash Transfer to Progress 350
15:35-17:05	CDR	Personal Hygiene Bag Inventory
17:05-17:15		SSE Inventory Questionnaire
17:15-17:25		EMU Battery Charge Cycle Terminate
17:25-17:40		SSC Reconfig for EMU Battery Ops
17:40-18:00		EMU Discharge Cycle Start
18:00-18:15		SSC Reconfig for A/L Operations Support
18:10-18:30	FE-1	IMS File Prep
18:15-18:45	CDR	Review of Next Day's Plan
18:30-18:45	FE-1	
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		Report Prep
19:30-20:00		Dinner
20:00-20:30		Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep

Note: cf. OSTP for missing references to US activities

End of Radiogram